

#### What should I already know?

- How to perform a pull throw.
- Apply learnt skills to a variety of sports.
- Understand the importance of correct technique for safety when carrying out exercise.

#### Gems of Knowledge

##### Procedural Knowledge -

- Build rhythm to create momentum with your body before throwing.
- Hold a discuss effectively. I.E - Spread out your fingers, keep your thumb behind the discus and curl the end of your fingers around the rim.

##### Declarative Knowledge -

- Understand the technique used in a sling throw. I.E - The discus should move from hip height to shoulder height as your upper body twists and is released when your arm is parallel to the floor.
- Understand that twisting my body builds momentum.
- Understand and explain the positive impact exercise has on my body and know the importance of a healthy lifestyle.



#### Throwing - Discus - Sling throw

#### Vocabulary

<p><b>Sling throw -</b> Starting low and twisting our body and slinging our arms upwards to build momentum when sending.</p>		<p><b>Grip -</b> The way something is held.</p>	
<p><b>Momentum -</b> Force/power created by movement.</p>		<p><b>Distance -</b> How far something has travelled.</p>	
<p><b>Discus -</b> An athletic field event where participants throw a disk.</p>		<p><b>Release -</b> Letting go/sending an object.</p>	